

Field, Outdoor, Physical Training Safety Checklist

(Environmental, Fieldwork, Police Foundations, Security, Fitness, Outdoor programs)

Lab/Shop/Classroom: _____

Date: _____

Completed By: _____

Supervisor/Instructor: _____

Pre-activity Risk Assessment:

- Hazards identified for activity
 - Documented for review
- Hazards identified for location
 - Documented for review
- Dynamic risk assessment used
- Controls implemented before work
- Activity modification plans available upon change of conditions
- Stop-activity authority defined

Physical Readiness & Screening:

(critical for police, security, fitness programs)

- Medical clearance obtained where required
 - Documented for review
- Fitness prerequisites defined
- Proper warm-up & cool-down incorporated
- Accommodation needs addressed
- Participation limits enforced

Environment & Weather Conditions:

- Weather monitored closely for dramatic shifts that may hinder activities
- Heat & Cold thresholds clearly defined
- Terrain assessed
- Visibility is adequate
- Stop authority defined and established

Equipment & PPE:

- All required PPE is available
- Equipment inspected before use
 - Adjusted according to user
 - Fit tests documented
- Defective gear labelled and removed from service
- Specialized equipment supervised

Vehicles & Traffic Control:

- Vehicles inspected regularly
 - Logs available for review
- Drivers are documented authorized
 - Proof of licensing on file
- Spotters used
- Traffic control measures in place
- Parking/loading zones controlled

Public Interaction & Security:

(police foundations, security training)

- Public interface assessed
- De-escalation procedure training completed
 - Training documentation available
- Boundaries clearly established
- Buddy system implemented and used
- Incident escalation procedures defined

Fatigue, Hydration, Heat/Cold Stress:

- Planned hydration breaks established
- Cooling/Warming areas designated
- Work/Rest cycles defined
- Fatigue symptoms monitored
- Symptoms recognized & addressed immediately

Emergency Response & First Aid:

- First aid kit accessible and stocked
- Trained first-aider present
- Emergency contacts established & accessible
- EMS Access confirmed
- Evacuation routes established & communicated

Supervision & Communications:

- Appropriate instructor-to-student ratio
- Communication devices available
 - Operable
 - User logs available
- Check-in procedures clearly defined
- Lost-persons procedures established
- Supervision maintained throughout
- Debrief procedures communicated

Findings & Actions:

Issues Identified:

Required Actions:

Escalated to: _____

Target Date: _____

Signature: _____

Risk-Rating Safety Checklist Form

(optional tie-in with spreadsheet tracking)

Scoring Guide:

- 0 – Compliant
- 1 – Moderate risk
- 2 – High Risk [immediate action required]

Section Scoring:

Area	0	1	2	Score
Pre-activity Risk Assessment				
Physical Readiness & Screening				
Environment & Weather Conditions				
Equipment & PPE				
Vehicles & Traffic Control				
Public Interaction & Security				
Fatigue, Hydration, Heat/Cold Stress				
Emergency Response & First Aid				
Supervision & Communications				
Incident & After-Action Review				

Risk Summary:

Total Score: _____ /20

Score	Rating	Action
0-3	Low	Maintain controls
4-7	Moderate	Correct within 30 days
8-12	High	Immediate action
13+	Critical	Stop work

Any risk marked as a “2” in the following areas requires *immediate stop work* action:

- Severe weather exposure
- Inadequate supervision
- Medical readiness concerns
- Unsafe public interactions
- Failed emergency response readiness